

Warren SENTINEL



**Inside: Are you up to the Challenge? Airmen
Survive terrorist attack Current softball and
soccer standings Crossword puzzle answers**



Commentary

When Batman went to bat for me

Chaplain (Col.) Harold Ray
11th Wing

I read a story recently about Jackie Robinson, the first black baseball player to play in the major leagues.

In 1947, the Brooklyn Dodgers' owner, Branch Rickey, told him, "It'll be tough. You are going to take abuse, be ridiculed, and take more verbal punishment than you ever thought possible. But I'm willing to back you all the way if you have the determination to make it work."

Mr. Rickey was right. Players intentionally ran over him. Both players and fans verbally abused him with racial slurs and digging comments; even his teammates took part in the fray.

About midseason, Mr. Robinson was having a very bad day. He fumbled grounders, overthrew first base and batted even worse. The crowd was booing. Then something special happened. Pee Wee Reese walked over from shortstop and put his arm around Jackie Robinson and indicated his acceptance of the player.

Mr. Robinson later said, "That gesture saved my career. Pee Wee made me feel as if I belonged."

When I read that story, I thought back to many years ago when I first enlisted in the Air Force and was stationed at Plattsburgh Air Force Base in upstate New York. I was barely 18 years old and leaving the Deep South for the first time for a new environment, a new culture and a new direction in life. I didn't adjust too well the first several months.

I was not passing my career development courses and not doing well on the job. I felt myself going under and was convinced my Air Force career would be short-lived.

Then something special happened.

My supervisor, Master Sgt. Bill "Batman" Clark, put his arm around me and said, "You can do it."

He convinced the commander to give me another chance. He took extra time with me and made sure I had extra time to study. He invited me to his home on weekends and holidays and made sure I had a home-cooked meal.

It was then that I began to feel at home in the Air Force. I learned my job, passed my tests and have been blessed with a successful Air Force career ever since.

I've often wondered what my life would be like if Sergeant "Batman" had not put his arm around me.

"Batman" went to bat for me when I needed it most, and because of that, my career has been a home run.

How many of you have experienced someone putting an arm around you and giving you that boost when you needed it most? How many of you have put your arm around a young enlisted troop, or a young officer, or spouse?

I pray that each of you does.



Hoops Shots

We received some terrific feedback from the top warfighter we support.

Admiral J. O. Ellis, Commander, U.S. Strategic Command, sent his personal congratulations on our Operational Readiness Inspection: "Earning an overall ORI rating of 'Excellent' exemplifies the efforts of the 90th Space Wing and reinforces my confidence in your outstanding support to this command's wartime commitment." I couldn't agree more or be more proud. Your performance made an impact all the way to Omaha and beyond!

I had some superb tours this week showing that our motto of WIRED - We're Inspection Ready Everyday - lives on well past our ORI. During my tour of F01 I met topside with some outstanding 90th Missile Security Forces Squadron defenders.

Airman 1st Class Luke Stohre was all over his Flight Security Controller duties - very sharp! The flight chief that day was **Master Sgt. Joseph Hoder** and his safety observer was **Airman Amanda Neubeck**. It was clear to me that Sergeant Hoder takes his role as leader and mentor very seriously and I salute his commitment to growing the next generation of enlisted leaders. Airman Neubeck was very diligent in tackling her CDCs and we had a very good talk about dorm issues. I was impressed with her sense of discipline and desire to learn. By looking out for Sergeant Hoder she practiced what I have always believed - that safety has no rank. Well done!

Also on site that day were several professionals of the 320th Missile Squadron.

Tech. Sgt. Arnoldo Cardenas gave an excellent topside safety brief. His tour

showed me this facility manager takes great pride in his MAF. And he gave me a suggestion for some improvements that we are looking into. **Staff Sgt. George Sotomayor** gave a superb chef post brief and **Airman 1st Class Steven Metz** prepared a wonderful meal and showed us around his kitchen. You could tell everything was geared to maximum public health and full compliance. The missile crew on duty was **1st Lts. Heather Cone** and **Eric Ward**. It was readily apparent that these two had great crew coordination and were ready for all contingencies. It was also clear that Lieutenant Cone is a commander dedicated to inspiring flawless ops in her new deputy who was on his third alert. It was a pleasure visiting with these professionals.

We don't often get to highlight the defenders that work on the staff who perform miracles every day in their analytical and investigative roles. Though I can't go into the details, I did want to salute **Tech. Sgt. Kurt Black**, **Staff Sgts. Scott Gero** and **William Castleberry** of the 90th Security Forces Squadron for their tenacity in working one of their cases. Amazing job!

Finally, I took my first look at the camera system we installed in Dorm 838. Already vandalism and other incidents have dropped to zero! These cameras will improve quality of life, enhance safety and security and allow us to put more funding into dorm improvements. The project came in on time and under budget thanks to **Mighty Pros** like **Mr. Dave Eagle**, **Master Sgt. Delinda Lang** and **Staff Sgt. Anthony Pitts**. Their help has paved the way to making it better for all our dorm dwellers.

--Col. Hoops

—Warren—
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On the Cover



Tune in next week for more
Crow Creek Challenge

Commentary

Secretary, chief wish America happy birthday

WASHINGTON — The following is an Independence Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

“Happy birthday, America! For the last 228 years our nation has been the beacon for peace, freedom and opportunity around the world.

“America earned that reputation through courageous acts of patriotism by our founding fathers and through bravery on battlefields from Bunker Hill to Baghdad.

“On Sunday, we’ll celebrate with family and friends the joys of peace and the blessings of freedom. As you celebrate, please remember those who paid the ultimate price defending the values established by our forefathers in forging our great nation.

“This Independence Day is especially meaningful as we support the rebirth of Iraqi sovereignty and defend freedom far from home. Today, Airmen are deployed all over the world, engaged on all fronts in the Global War on Terrorism, carrying freedom’s torch. Please remember our deployed Airmen in your thoughts and prayers on the 4th of July.

“America looks to you as their representatives of pride, strength and perseverance in times of peace and war. We’re proud of you and salute your great service.

“We wish you and your families a safe and happy 4th of July!”

Meet the new 37th Heli Commander



What is your full name?
Darren Easton

Where are you from originally?
I grew up in Houston, Texas.

What is your new job description?
I think the full title is Supreme Master and Commander of All I Survey, but the short title is 37 Helicopter Flight Commander. Apparently it involves a lot of sitting around looking thoughtful.

Give us a brief description of job(s) previously held.
My first flying assignment was right here, back when it was the 37th Rescue Flight. Next, I went on an exchange tour, flying Huey gunships with the Marine Corps. I tell people I did that because I lost a bet. From there, I went to the 6th Special Operations Squadron at Hurlburt Field as a Combat Aviation Advisor. I got on a bus headed for Disneyland one day, fell asleep and ended up here. Col. Hoapili decided to keep me.

How can someone get on your good side? Honesty. A box of Twinkies doesn’t hurt either.

How can someone get on your bad side?
Whining. I hate whining.

What’s your favorite band/musical group? I have three children under the age of 5, so mostly I walk around humming the song from “Bear in the Big Blue House.”

Do you have any pets/hobbies/unique interests? Did I mention I have three children under the age of 5?

Do you have any advice for young Airmen?
Regardless of what your job is, take pride in it. Volunteer for an AEF or other deployment. You may be amazed at what the Air Force looks like from a different perspective.

What do you hope to accomplish at Warren as commander of the 37th Helicopter Flight?
I want to continually find ways to do the mission better. I want to work on reducing the number of things that distract us from the mission.

Give me your two cents

What are you doing for 4th of July?

“I’m going to Devil’s Tower. It’s a national monument in North-east Wyoming.”
Airman 1st Class Joe Pomerleau, 90 Comm



“I’m going to the ice cream social at Frontier Park.”
Airman Stefan Estep, 90 Comm



“I’m going to watch the Colorado Rockies win.”
Airman 1st Class Mark Barnes, 90 CES



Briefs

Governor to thank military members

Gov. Dave and First Lady Nancy Freudenthal invite Wyoming military members and their families to a special ice cream social on Sunday, July 4 to personally thank them for their service to the state and nation.

The free event will be held at the Frontier Park Exhibit Hall in Cheyenne from 6:30-8:30 p.m. Parking is available on the south and west sides of Frontier Park. Military identification is required.

After the event, the military members and families will have reserved seating at the evening's Cheyenne Frontier Days July 4 Fireworks Show.

Troops out in force

In an effort to keep Wyoming highways safe over the Fourth of July weekend, Wyoming Highway Patrol troopers will be out in force, from Friday through Monday. The beefed-up patrol effort on all state highways will target drinking-and-driving and speeding violations, as well as other crash-causing violations and seat-belt misuse. Patrol Col. John Cox also wants to remind all drivers to keep safe driving in mind over the weekend because traffic increases during all the major holidays substantially increase the risk of traffic crashes. In addition, the patrol will again be taking part in a coordinated, "combined accident reduction effort" of Canadian and U.S. law agencies over the July 4th weekend called "Operation CARE." As part of that effort, troopers will maintain a visible presence all along the 300 miles of Interstate 25 in Wyoming in an effort to keep traffic moving safely and efficiently.

Dod expands troop vaccinations

Gerry J. Gilmore

American Forces Press Service

WASHINGTON-- More U.S. servicemembers, including those serving in South Korea, will be vaccinated against smallpox and anthrax, the Defense Department's senior medical adviser said June 30.

The availability of additional smallpox and anthrax vaccine will allow for vaccinating all servicemembers assigned to U.S. Central Command, and many serving in U.S. Pacific Command, said Dr. William Winkenwerder, assistant secretary of defense for health affairs. This includes troops assigned in South Korea.

Dr. Winkenwerder said he could not provide the numbers of troops affected by the policy change, other than saying "tens of thousands" would be vaccinated. The policy change, he said, was not precipitated by a definite threat increase.

"There is no substantial change to the threat situation," Dr. Winkenwerder said, explaining the increased availability of both vaccines "will provide an additional layer of protection" for servicemembers.

Central Command troops deployed to the Afghanistan and Iraq theaters of operation had been vaccinated against smallpox and anthrax, Dr. Winkenwerder said, but now "all personnel in Central Command" will receive both vaccinations.

Servicemembers serving in selected areas of PACOM, including South Korea, also will receive the anthrax and smallpox vaccines, Dr. Winkenwerder said.

The cost of administering more smallpox and anthrax shots will run into "the tens of millions of dollars," Dr. Winkenwerder said, but the program would not strain his \$30 billion overall budget.

Medical studies, Dr. Winkenwerder said, have shown that administration of the vaccines poses little threat to servicemembers' health. Since June 2002, the Defense Department has vaccinated more than 750,000 troops against anthrax. That number, he said, increases to an aggregate of more than 1 million if vaccinations administered since 1998 are factored in. Since December 2002, he said, more than 625,000 troops received smallpox



Photo by Stephen Cline

Minuteman moment

VANDENBERG AIR FORCE BASE, Calif. — An unarmed Minuteman III ICBM launched from Vandenberg Air Force Base, Calif. June 23.

The missile's unarmed re-entry vehicle traveled nearly 4,200 miles in about 30 minutes, hitting a predetermined target on Kwajalein Atoll in the western chain of the Marshall Islands. The mission was part of the Force Development Evaluation Program, which tests the reliability and accuracy of the weapon system. Quarterly testing is necessary because the U.S. intercontinental ballistic missile fleet continuously on alert must be mission capable, and missile combat crews must be ready to launch on a moment's notice, according to Jack Hokanson of the 30th Space Wing's public affairs office.

6 by 3

Notice to Warren Residents

This notice is intended to inform all base residents of the proposed construction of a new elementary school on F. E. Warren Air Force Base adjacent to the Carlin Heights housing area.

The following information is provided in order to ensure that each base resident understands the reasons for the new school, reasoning behind the proposed placement of the school, risks to human health and the environment and benefits of the proposed new school.

Details of the proposal can be found in the Revised Draft Environmental Assessment, and Draft Finding of No Significant Impacts. Additional information can be found in the Agency for Toxic Substances and Disease Registry fact sheet for trichloroethylene.

All of these documents are located on the base LAN in "O:/Base Information/90CES Information/School Freedom Elementary". These documents are also available for review at the Laramie County Library, 2800 Central Avenue and the Base Library, Building 214.

The primary drivers behind the

proposed action are the deteriorating infrastructure of the existing elementary schools, and the Laramie County School District #1 Five-Year Master Comprehensive Plan, which is based on establishing environments that are more conducive to learning. The Plan recommends replacement of Churchill and Corlett elementary schools (not renovation or remodeling).

The proposed construction of a new elementary school on Warren would begin the LCSD1's program of upgrading its schools. The LCSD1's goal is that construction of the new elementary school be completed by September 2005, in time to begin the fall term. See Draft EA, section 2.0, for more info.

The proposed location of the elementary school is east of the Carlin Heights Military Family Housing Area on the installation, north of Happy Jack Road. This area once contained a municipal landfill and partially overlies a plume of groundwater contaminated with TCE. The landfill was removed in 2000 and the property was reclaimed and clean closed under CERCLA in 2001.

The highest groundwater TCE concentration near the proposed school location is approximately 110 parts per billion. TCE in the groundwater has the potential to evaporate and migrate to the surface and enter the atmosphere. According to the ATSDR Fact Sheet, breathing small amounts of air containing TCE may cause headaches, lung irritation, dizziness, poor coordination, and difficulty concentrating. However, the Occupational Safety and Health Administration has set an exposure limit of 100 parts of TCE per million parts of air for an 8-hour workday, 40-hour workweek. TCE is also recognized as a potential human carcinogen.

There are no adverse health effects anticipated by the construction of the school at the proposed location. No contaminated groundwater will be exposed at the site, nor will the groundwater be used for any purpose. The school will not be located over the plume; therefore, any subsurface accumulation of TCE from the soil should be minimal. Furthermore, the school will have a subsurface depressurization system included in

Military families with elementary school aged children are highly encouraged to review the Revised Draft Environmental Assessment and submit comments. Copies will be available at the Laramie County Library and the Warren library

its construction that will vent any accumulated vapors away from the building.

See Draft EA, sections 5.0, 7.2, 7.3.2, 7.4.2, the FONSI and the ATSDR Fact Sheet for more info.

Military families with elementary school aged children are highly encouraged to review the Revised Draft Environmental Assessment and submit comments.

Copies will be available for 14 days at the Laramie County Library, 2800 Central Avenue, and the Warren library June 23. Comments must be submitted in writing to 90 CES/CEVP, 300 Vesle Dr., F. E. Warren AFB, WY 82005, and postmarked no later than July 6.

6 by 6

Major to get Article 15 for friendly fire incident

Courtesy article

WASHINGTON — Air Force officials will proceed with nonjudicial punishment in the 2002 Canadian friendly fire incident.

This decision, made by Lt. Gen. Bruce Carlson, 8th Air Force commander, grants Maj. Harry Schmidt's petition to withdraw his request for trial by court-martial.

General Carlson offered Major Schmidt nonjudicial punishment June 19, 2003, in response to the charges. Six days, later, Major Schmidt opted to be tried by court-martial instead of accepting nonjudicial punishment.

Major Schmidt is charged with dereliction of duty resulting from a mistaken attack on Canadian ground forces near Kandahar, Afghanistan, on April 17, 2002. He failed to ensure the target he attacked was hostile before bombing it.

In addition, he failed to ac-

knowledge and follow the direction of his flight leader and to stand by as directed by a controller on a Airborne Warning and Control System aircraft.

These criminal offenses will now be handled under Article 15 of the Uniform Code of Military Justice.

Following resolution of the Article 15, the pending court-martial charges and proceedings will be dismissed. If a resolution is not reached, the court-martial will proceed.

Punishment under Article 15 in this case can range from no punishment to a reprimand, a fine of up to \$5,600, 60 days restriction or 30 days arrest in quarters.

Major Schmidt dropped a 500-pound, laser-guided bomb from his F-16 Fighting Falcon, killing four and wounding eight Canadian soldiers who were participating in a live-fire exercise at Tarnak Farms in Afghanistan.

6 by 6

Briefs

Commanders Calls and ATWIND

Commanders who schedule an ATWIND briefing at their commander's call in June, July, or August earn ATWIND game pieces for all squadron members in attendance. Call Ms. Lorri Welsh at 773-2858.

Wish You Were in Hollywood?

The Warren public affairs office is looking for volunteers to help with video production for the base. For more information, contact 1st Lt. Darrick Lee at 773-3381.

Book Signing

Retired Navy fighter pilot turned author, Dr. Dick Schaffer will be at the base exchange from 10 a.m. to 4 p.m. today and Saturday to sign autograph copies of the final book in his trilogy, "Loyalty, Betrayal, and other Contact Sports."

Softball Tournament

The deadline for entry into the 4th Annual Ed Forbes Memorial Softball Tournament is today. Entry must be in by close of business to play in the July 10 and 11 tournament.

Entry fee is \$125 per team. There will be two new 48 core blue dot balls per team. A home run derby and a skills competition will take place. Prizes are awarded for the first and second place. For more information, contact Master Sgt. Shawn Roberts at 773-4901 or Tech. Sgt. Timothy Simmons at 773-3007.

CFD Volunteers Needed

Cheyenne Frontier Days is approaching soon and Warren still needs folks to participate in the parades. There are four parades beginning at 9:30 a.m. July 24, 27, 29 and 31. For more information, contact Master Sgt. Jennifer Chinn at 773-3608.

Choose your own assignment;
Have your own office
Are you up for the challenge?

Have you ever been interested in becoming a member of the Military Training Instructor Corps? Would you like to have the chance to choose your next assignment and possibly manage your own office near or in your home state?

If so, the Air Education and Training Special Duty Briefing Team may have the answer to your Air Force future. The Air Force Education and Training Command team will host a special duty assignment opportunities briefing July 8 in the Base Theater at 10 a.m.

There are few jobs in the Air Force more challenging, satisfying, and rewarding as a special duty as-

signment.

"If you're a senior airman through master sergeant with less than 17 years total active service, the AETC Special Duty Briefing Team may have the answer to your Air Force future," said MSgt Charles Brown, Chief of the Recruiting Screening Team. "Recruiters are responsible for the number and quality of young men and women who enlist and begin their Air Force careers. Only the best need apply."

In addition to volunteers, recruiting officials encourage those people who were identified by the Air Force Personnel Center and who were ap-

proved by their commander for recruiting duty to attend the briefing, as well as individuals in a mandatory retraining career field.

"Everyone remembers their MTI," said MSgt Jodie Cameron, MTI Recruiting Team Superintendent. "The MTI sets the stage for each individual's success in the Air Force and mentors hundreds of new Air Force members. The job is filled with substantial rewards for those who want to have a hand in molding tomorrow's Air Force."

Applicants from all Air Force specialties are eligible to apply and are encouraged to attend. Spouses are also welcome.

Innovative technology
may lift water restrictions

Epoxy coating stops pipe gunk
from getting into drinking water

Elizabeth McClain
90CES

Warren residential units have been cleared to use drinking water again, thanks to a technology that eliminates the hazards of lead leaching in water pipes.

After tests in 2002 revealed some units in base housing tested above approved lead levels, the Environmental Protection Agency issued water restrictions for the base and required alternate drinking water for base residents.

Investigations discovered lead solder used during the construction of the residential units caused lead contamination. The base responded by using an innovative protective barrier coating process known as epoxy coating, which pre-

vents water from coming in contact with the pipe solder and subsequent leaching.

"The corrective epoxy process worked and the Environmental Protection Agency has released the housing residents from alternative water sources," said Lt. Col. Steven Ditmer, 90th Civil Engineer Squadron Commander.

The problem was discovered in 2002 when the Bioenvironmental Engineering flight collected routine drinking water samples from base housing units. Results indicated lead concentrations in the drinking water ranged from 1.7 to 210 parts per billion - well above the EPA's established "action level" of 15 ppb. Solder used prior to the late 1980's often contained as much as 50 percent lead, but current law requires

the use of "lead-free" solder. Residents in the affected areas were notified about the elevated lead levels, possible health risks and corrective actions the base was taking, and alternate water restrictions were lifted for all other base housing units and facilities.

"After looking at all the alternatives, we decided the barrier coating was the best option for the residents and the environment," said Col. Whitehead, 90 Mission Support Group Commander.

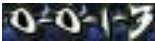
Because the EPA had no previous experience with using this new technology in this region, the base conducted a pilot test, and had EPA witness, view and eventually approve the epoxy process for controlling Warren's elevated lead levels.

The epoxy-coating project cost approximately \$1.2 million, but cost savings from future repairs or temporarily relocating people from base housing makes it more worthwhile, according to Mr. Rob Miknis, 90th Engineering Squadron.

"Additional water samples collected after the epoxy process was completed indicated that the corrective action was successful," said Maj. Dena Maher, Base Bioenvironmental Engineer. "All samples collected after application of the epoxy coating indicated lead levels were well below the 15 ppb EPA action level."

After receipt of the sample results, the EPA provided the base with written authorization to remove residents from the alternative water restrictions. Carlin Heights residents no longer need to obtain water from the Safe Tap at the WeeServe, located at *****.

In April, 265 units in Carlin Heights completed the epoxy process, and 30 units in MCP/Capehart will be completed by August 16.



A Shared Dream

Vern Sisseck
90 CES

I had a dream which I could not see come true.
I dreamed for my boys to stand where you now stand
Full of self pride, competent of a job well done!

Perhaps my dream was too full of self pride which
Spoiled the final outcome. For one never knows what
Life has in store when you dare to dream.

But, dream I dared and now because of you
I have had my dreams come true. I feel pride in
Knowing you and being able to say you are my
Friend when I boast of your deeds.

Yes, you have fulfilled a dream of sharing in
Your choice to carry on the challenge of
Preserving the freedom of daring to dream.

As I dreamed, I remembered my first time
Standing there in readiness to show those who care.
That I have started a job so long fought for by
generations past.

To keep our freedom to dream I know someday
You will come to understand that
"Freedom has a different taste for those that fought
for it,"
And that "Freedom is not free,"
For someone must pay the price.

I commend you for taking up the challenge to
Protect your freedom to dream. As you pass by
In review, it is I who salutes you for a job
well done
And as you continue on your journey
I shall be there to encourage you on.

Share the dream...

Airmen survive terrorist attack in Saudi Arabia

Bullet wounds bring them closer together

Staff Sgt. Melanie Streeter
Air Force Print News

WASHINGTON — In the early morning hours of May 30, an Airman lay in a dusty maintenance room of a building in Khobar, Saudi Arabia, with a tourniquet around his arm, struggling to stay alive.

The morning before, Lt. Col. James Broome III and a colleague, Lt. Col. Ed O'Neal, both assigned to the U.S. Military Training Mission in Riyadh, Saudi Arabia, were in Khobar to evaluate a Saudi air force maintenance training program and provide advice and guidance. But that was not in the cards; fate dealt a different hand on this day.

Shortly after the colonels finished their breakfast, they were warned that the compound was under attack.

Colonel O'Neal said his instincts and training from his experience as a former Soldier and peacekeeper in Bosnia kicked in as he assessed the situation.

"(He) kind of guided me through the next few minutes," Colonel Broome said. "His thoughts were that we needed to move fast and seek higher ground."

The colonels made their way up through a building next to where they were eating breakfast. They scrambled to the third floor and used a cell phone to contact their operations desk. There, they met four contractors who were doing construction.

"We took (them) with us, along with their construction materials. Partly, we took them with us to protect them, and partly so that they wouldn't give away our position."

The group took a cooler of water to the roof to wait out the attack. Temperatures would soar to about 120 degrees on the roof that day, Colonel Broome said.

Having blocked off access to the roof as best they could with a tool box and rocks, the colonels used their cell phones to pass on information between other Americans in the building and operations center people in Riyadh.

"It was nearly two hours before there was any Saudi response to the terrorist attack," Colonel Broome said. "The terrorists appeared to have free reign for a couple of hours. Once the response activity began, that's when the intense gunfire started — extremely intense for several, several hours."

"About every 20 or 30 minutes, there would be a, 'pop pop pop' and a return response of automatic weapons fire," Colonel O'Neal said. "It was progressively moving across the compound."

Eventually, 12 hours after the ordeal started, the attempt to evacuate the group began.

The Saudi minister of interior forces called and said they had the terrorists isolated on the sixth floor of another hotel tower, and the rest of

the compound was under control. At that time, the group agreed to come down.

"Finally we were told, yes, it's OK to come down," Colonel Broome said. "We made our way down to the third floor, then the second, then the first."

"Colonel Broome was about 4 or 5 feet behind me," Colonel O'Neal said. "I had to go to my left to open a steel door that (went) out into the street. I had just put my hand on the door when a guy (opened) up with a machine gun."

"The bullets were whizzing over my left shoulder, and I could hear this high-pitched 'bumblebee' sound," he said. "To go from absolute quiet to a machine gun firing at you at full automatic is pretty terrifying. Frankly, it's the first time I've been shot at. ... You get a lot of experience in a short period of time."

Colonel Broome said he saw his fellow Airman drop and roll in front of him. A moment later, he was hit by the gunfire.

Colonel O'Neal said he knew both of them had been shot. From where he was, he heard Colonel Broome cry out and run back up the stairs while he hit the ground, and low-crawled back down the corridor. He found an area to lodge himself between a notch in the wall and a stone post. He pulled his knees into his chest and tried to conceal himself.

While Colonel O'Neal concealed himself, Colonel Broome retreated into the building they had been hunkered down in all day.

"I made my way back to the third floor, and then contacted my operations center to inform them that I had been shot," Colonel Broome said.

Operations center people told the colonel to apply a tourniquet to the arm using his belt and to lie down with his feet elevated. They said medics would be there in the next 10 minutes to get him out. But it did not work out that easily, and it would be nearly another five hours before the Saudi naval special forces rescued him and took him to a local hospital.

Colonel O'Neal had bullet fragments in his side, forearm and shoulder blade.

A Saudi defense official later approached the area and called out for Colonel O'Neal and took him by ambulance to a local hospital.

Eventually, Colonel Broome arrived at the hospital.

"We were both pretty relieved to see each other," he said. "We spent 11 hours out on that roof, and we both got shot at the same time. You can imagine this is the kind of experience that bonds two people."

Colonel Broome is recovering from the attack now after several surgeries to repair his shattered arm.

Colonel Broome's doctors said he should regain 100-percent use of his arm, but he faces months of physical therapy. But after the grueling encounter with terrorists, he said he is well prepared to make a full recovery.

(Staff Sgt. Jerome Baysmore contributed to this article.)

6 by 6

Without surgery, fad diets or supplements...

Missile Maintainer loses 100 lbs

Master Sgt. Buzz Ritchie
341st Space Wing Public Affairs

MALMSTROM AIR FORCE BASE, Mont. — It took a missile maintainer here nine months to fix one of the Air Force's most important weapon systems, and he did it out of uniform, without technical orders and after duty hours.

Senior Airman Norman Barore, assigned to the 341st Missile Maintenance Squadron, lost 100 pounds in nine months, dropping from a super-sized 276 pounds in August 2003 to 176 pounds in May.

He did it without surgery, supplements or the latest fad diet.

He did it the old fashioned way by simply eating less and exercising more.

"I was supposed to sew on senior airman on Sept. 11, 2003," Airman Barore said. "I knew I'd probably get weighed, and I knew I was way over [the limit]."

When the 6-footer tipped the scale at 276 pounds, his commander told him to lose the weight.

Airman Barore enrolled in the health and wellness center's "Sensible Weigh" class.

Sensible Weigh was a program that combines health risk and fitness has since replaced it, said Maj. Theresa L. Gilbert, a registered dietitian.

Airman Barore attended Sensible Weigh classes every Friday for four weeks. Half of the class is devoted to fitness, half to nutrition. He said he was not very familiar with either topic.

"I always knew I needed to work out," he said. "But I never knew how hard or how frequently. The class showed me how to hit my

target heart rate for a certain duration."

"People should strive for four workout sessions per week to meet their fitness goals," Kirk Clark said.

"When they're exercising, they should make sure they're achieving an intensity level high enough to make a physiological change in their body."

Airman Barore said he was always big. He played football and wrestled, but never bothered with a fitness program.

That changed in August 2003 when he started a fitness regime that included a cardiovascular workout on an elliptical trainer, weight training and a 2,000-calorie-a-day diet.

"My goal was to lose weight," Airman Barore said. "Before I joined the Air Force, I had to lose 14 pounds to meet standards. I've been on diets before, but in my opinion, diets are short-term."

A slow, steady weight loss is the most effective way to lose the pounds and keep them off.

She suggested people who want to make changes to their diet should keep a daily food diary.

The diary shows people what eating habits, like skipping breakfast, are getting in the way of their fitness goals.

They should also set specific and measurable goals each week, objectives like eating fruit as a snack or drinking water instead of soda, she said.

Airman Barore had three months to reach his maximum weight. He did it in less than that.

After slimming down to 207, Airman Barore decided 200 pounds "sounded good."



He was hitting the gym late at night four times a week, rearranging the groceries in his cupboards at home to avoid reaching for a candy bar instead of an apple, and reading the nutritional labels on packaged food.

"My wife tells me 'you look really good' and guys at work say I look a lot better. People ask me what my final goal is, but I haven't really reached the end," he said.

"I've changed my life style and turned my life around. I'm not going back."

6 by 5

Softball Standings

<u>American</u>	<u>W</u>	<u>L</u>	<u>National</u>	<u>W</u>	<u>L</u>
SFS B	6	0	SFS A	5	0
OSS	4	0	790 A	3	0
CE A	4	0	MG	3	0
MXS A	3	5	SVS	5	2
20 AF	2	2	321 / 400	2	1
790 B	2	3	MXS B	3	2
MSFS 7	1	5	COMM	2	4
CACS	1	3	CE B	1	6
LRS	0	5	319 / 320	0	3
MSFS 8	1	1	MSFS 10	0	6
Total	24	24	Total	24	24



Courtesy photos



Soccer Standings

<u>Teams</u>	<u>W</u>	<u>L</u>	<u>T</u>	<u>Win %</u>
MOS	5		0	1
OSS	3		2	0.6
MSFS	2		3	0.4
MDG	2		3	0.4
321	1		2	0.3333
790	1		4	0.2

2004 Inter-league Softball Schedule

Thursday, July 8

#1

1730	790 A - MSFS 7
1830	CS - OSS
1930	SFS A - SFS B
2030	MG - 20 AF

#3

1730	321 / 400 - MXS A
1830	CE B - LRS

Monday July 12

#1

1730	MXS A - CS
1830	790 B - SFS B
1930	CE A - MXS B
2030	319 / 320 - 20 AF

#3

1730	MSFS 10 - OSS
1830	SVS - LRS

Local hero exists in Warren plumber and Laramie County volunteer firefighter

Chuck Scottini, 90th Civil Engineer Squadron plumber and Laramie County volunteer firefighter, talked to Airman 1st Class Lauren Sixbey about growing up in sunny California and finally fulfilling his childhood dream of becoming a fire fighter.

Describe your job.

I'm a plumber by trade and with the new Gis we get in we'll take them off and show them what's required. We take care of underground utilities, water, gas and sewage.

We also take care of drinking water, hot water heater.

Tell me what you do as a volunteer fire fighter.

I started off as a volunteer six years ago. I received my fire fighter one and fire fighter two certification within two years. I also received my basic emergency care certification. I'm heavily involved with the child safety seat program. We're trying to educate the public about child safety seats. We'll check out their car seats. We show them what's available for newborns up to 8 year olds.

What's your favorite part about your job here?

There's never a dull moment. There's always something different. That goes along with the fire fighter aspect of it. One day at a time for both of them. We do a lot of trouble shooting. My job here allows me the flexibility to still be a fire

fighter and take care of the public.

How long have you been a plumber?

In 1976 I started my civil service career. I was born and raised in Torrance, Calif. I worked at the Long Beach Naval Ship Yard. When it closed in 1996 I came here. I was ready to move and get away from the big city life.

Why did you decide to come to Warren?

I guess the openness - the clean air. I remember back in 92, I came out here with friends to go antelope hunting. I brought my wife and we had a great time fishing and hunting. I remember the tranquility of Cheyenne. But, you have to give up something for something else. I left a lot of good friends in California. Here you've got four seasons and the wind. But, back there I never had the opportunity to be a volunteer fire fighter. When I came up here I realized that they had a department right next to us. I can help someone in need.

What's this town's best kept secret?

There's a lot of good fishing holes and people don't want to give up their good spots.

If you could have dinner delivered to you from anywhere in the world tonight, what would it be and from where?

A nice elk stake from Wyoming.

What's the last movie you saw in the theater?

"Something's Got to Give"

Who is your hero?

My father. He brought me up with values. I'd have to say my parents.

If you could experience any moment in history, what would it be?

I'm not sure the time frame, but back when they had the horse drawn fire carts. To think how they fought fires back then and to think about how we do it now.

What's something the people you



work with would be surprised to know about you?

I don't think the people know exactly what it takes to be a volunteer fire fighter. The time and devotion it takes to be on the department.

What's the biggest honor you've ever had?

We have an awards dinner once a year. This past February I wasn't expecting anything, but I was awarded the Chief's Award. They presented it to me for my hard work and dedication. It was emotional for more. It made me feel great. I probably wasn't the assistant chief for more than a couple of months.

When you were a kid, what did you want to be when you grew up?

When I was growing up my dad was a fire fighter. I always would be there watching him. That's what I wanted to be.

What CD is in your stereo right now?

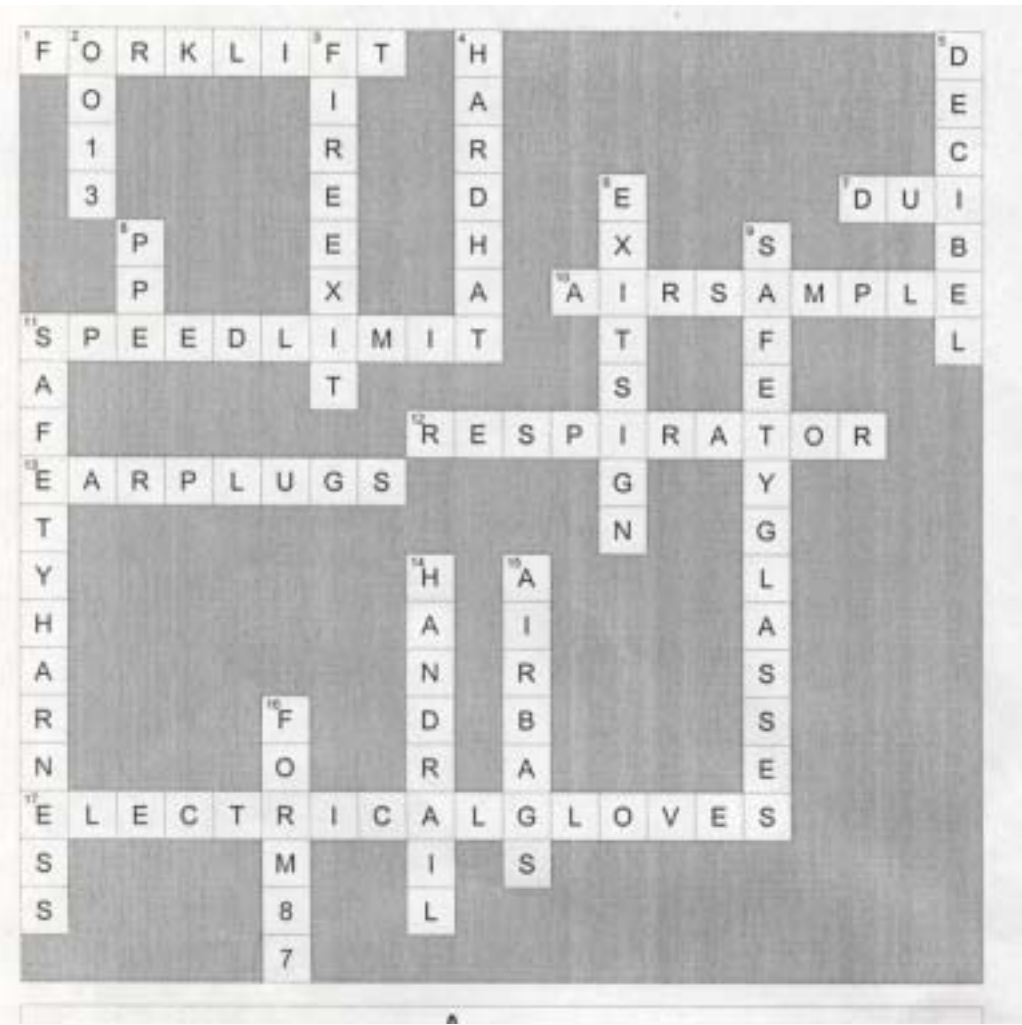
Rod Stewart.

What's your favorite band?

Aerosmith. I've seen them quite a bit.



Answer to Last Weeks Critical Days of Summer Puzzle 2



Down

- 2. Alcohol
- 3. Used for getting out
- 4. Protection from falling objects
- 5. Noise measurements
- 6. Shows a way out
- 8. Personal protection equipment (abbr.)
- 9. Used to keep sight
- 11. Fall protection For people not horses
- 14. Used while going up or down stairs
- 15. Secondary restraining device
- 16. Filled out for all mishaps

Across

- Not used for eating but lifting
- 7. Driving under the influence
- 10. must be between .19 and .23 percent
- 11. Every road as one
- 12. Fresh air supply
- 13. Protection against loud noise
- 17. Don't shock the hands

6 by 6



50 Years of Space and Missile Trivia Question

How did the first Minuteman I missiles travel to Warren?

Think you know the answer? Stop by the ICBM Heritage Museum and receive an Atwind game piece.

Answer to last weeks question:
Of the four missile systems at Warren, which is missing from the exhibit at the front gate?
Atlas

The Inoculation Site

Interactive Vaccine Info

Immunization Hotline: 773-2224

E-Mail: anthraxinfo@warren.af.mil

smallpoxinfo@warren.af.mil

Web: www.cdc.gov

http://

www.anthrax.osd.mil

Featured Sites

World Health

Organization:

http://

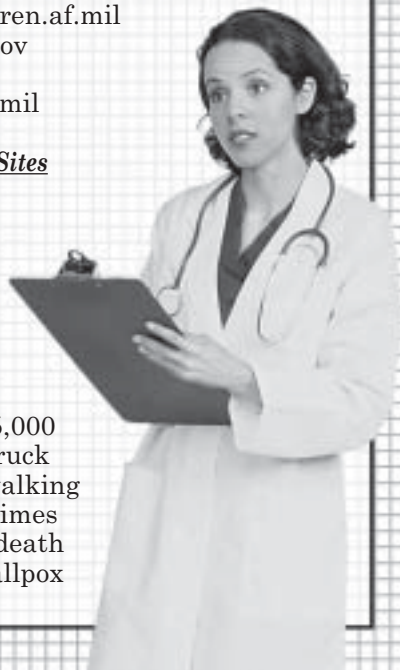
www.who.int/

vaccines

diseases/

Did You Know?

You have a 1 in 45,000 chance of being struck and killed while walking this year — A 10 times greater chance of death than from the smallpox vaccine.



Your Time is Precious

Close Dumpster Lids After Each Use

Q - I live in the dorms, have no vehicle nor the money to spend the weekend at Snofest!!!. I would like to watch the Super Bowl with some people that weekend but am fairly new to the base and don't really know where the "hot spots" are yet. Do you have any ideas?

A - I tell you what, you sure came to the right place! The base has planned a "Dorm Escape" that very weekend at the FTAC building (Building 234). Beginning Jan. 30 and running through Super Bowl Sunday, the Airman's Advisory Council and Chaplain Noel have planned a good time. Jan 30 there will be free pizza and soft drinks, pool, foosball and music from 6 p.m. to midnight. Jan. 31 FTAC will be open from noon to midnight with free snacks and soda. The fun starts at noon Super Bowl Sunday. You can watch the game on one of two giant-screen TVs, enjoy free snacks and soda and hang out afterward to catch Survivor All-Stars. So get out and enjoy yourself while you make friends with fellow airmen.

email Tessa Marie @ tessa.cubbon@warren.af.mil

Ask Tessa Marie



If she doesn't know the answer, she'll ask Lauren.

**Zero Drinks if
you are Under 21!**

Zero DUIs!

**1 Drink
per hour, MAX!**

**3 Drinks in one
Night, MAX!**